

Summer Academy Series B Workouts & Sequences

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Body weight Circuit	A	B	C	A	B	C	REST	
Juggling	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes		
ROOFS (Receiving out of air with foot)	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	Lace 20 per foot Sole 20 per foot Instep 20 per foot Outside 20 per foot	
90 Cuts	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch		
180 Cuts	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180		

Circuits

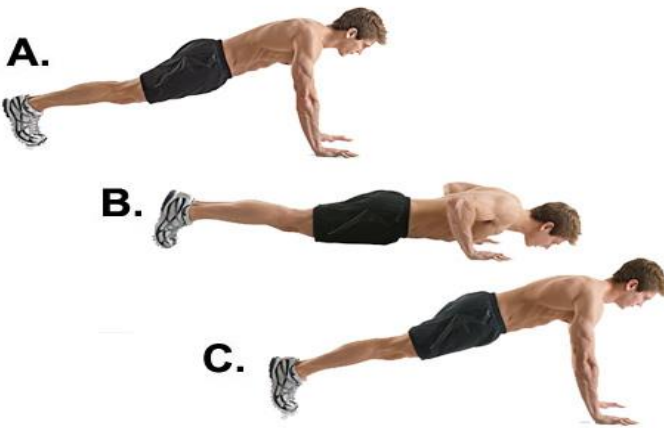
All circuits are As Many Rounds As Possible in the allotted time. One round is equal to the completion of each exercise described. Add a minute each week.

The following are the body weight circuits:

A

12 minutes

1) 5 push ups



2) 5 squats



3) 5 sit ups



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B

12 minutes

1) 5 Burpees

Step: 1



Step: 2



Step: 3



Step: 4



Step: 5



2) 5 Broad Jumps



3) 5 Jumping Jacks

1A



1B



C

12 minutes

1) 4 Jumping Lunges



2) 4 V ups



3) 4 Moving push ups

